

## **ROC the Meat Sauce**

Prep: 15 minutes. Cook: 4-5 hours

### **Ingredients**

2lbs ground beef. (1lb 80/20) (1lb 90/10)

1 medium yellow onion, diced

3 garlic cloves, crushed

2 tsp chili powder

2tsp paprika

1 tsp cinnamon

½ tsp cloves

4 C water

1 tbsp olive oil

### **Directions**

1. Heat up dutch oven to med-high heat
2. Add olive oil, meat and onions
3. Cook until the meat browns. Break up into small pieces as it cooks
4. Add garlic and spices. Mix thoroughly
5. Add water
6. Simmer, covered for 4-5 hours on low-medium.
7. Use the end of a wooden spoon or immersion blender to make sure the meat is super fine.
8. Serve over fries, with burgers, or famously in Western NY, garbage plates!